

NUTRITION EDUCATION RESOURCES - KINDERGARTEN-GRADE 12

The Montana Team Nutrition Program has nutrition education resources designed for students in grades Preschool-12. Education resources include: curriculum guides, videotapes, computer software, nutrition games and many more helpful resources to allow you to cover nutrition topics with your students. There is also an adult category to answer any questions you may have about healthy eating habits.

Attached is the **Kindergarten-Grade 12** resource list. Please contact the Team Nutrition Program at Montana State University if you are interested in borrowing a resource. You may borrow a resource for up to three weeks at no charge other than return postage. We can be reached by phone: 994-5641, fax: 994-7300 or email: uhdkb@montana.edu Our mailing address is: Team Nutrition Program, Montana State University, PO Box 173360, 202 Romney Gym, Bozeman, MT 59717-3360.

Contact Katie Bark of the Team Nutrition Program at 994-5641 if you would like a recommendation of the best resources for a specific topic.

KINDERGARTEN-GRADE 12

BINGE CINCO AL DIA: Spanish version of FIVE A DAY BINGO

Kathy Andersen, Linda Crisp, & Dayle Hayes, 1995
PreK-adult Game

Spanish version of fun nutrition game for all ages. Fresh approach to promoting eating five fruits and vegetables a day to everyone from preschoolers to seniors.

BREAKING SIZE PREJUDICE

Mary Kay Wardlaw, MS; University of Wyoming Cooperative Extension Service, Albany County
11-17 years Video, Educator's Guide

This program is designed to promote body-size acceptance.

CALCIUM-ARE YOU GETTING ENOUGH?

Oregon Dairy Council, 1997
K-12 Bulletin board display

A kit that helps design a bulletin board to give information to determine calcium health.

CHANGING THE SCENE: Improving the School Nutrition Environment

U.S.D.A., 2001
K-12 Resource Guide, CD ROM, Video, Handouts

A complete tool kit with all one needs to increase awareness and "how to" make improvements in school setting to offer healthy food choices.

COMMUNITY NUTRITION ACTION KIT

U.S.D.A., 1996
K-12 Video/manual

A video/instructor's kit on assisting schools and communities to work together to influence healthy food choices in ch and families. Includes lesson plans for youth, families and community events.

COMPARISON CARDS: FOOD TO GROW ON

National Dairy Council, 1994
3-12 Leader guide/cards

Tool to help consumers visualize nutrient contributions of many commonly eaten foods. Bar graphs chart nutrient density of 108 foods. Back of card illustrates foods contribution to daily fat budget.

Kindergarten-Grade 12

COMPREHENSIVE SCHOOL HEALTH EDUCATION

Meeks Heit, 1996

K-12

Book

A complete guide for comprehensive school/health education.

DIETARY GUIDELINES FOR AMERICANS

National Food Service Management Institute, 2001

6-12

2 Videos/Manual/Transparencies

This manual contains 2 program. One is designed to teach adults the 2000 Dietary Guidelines for Americans and the other is to teach students (grades 5-12) the Dietary Guidelines for Americans and the Food Guide Pyramid.

EDUCATION FOR SELF-RESPONSIBILITY IV

Carolyn Crawford, 1992

K-12

Curriculum guide

Teaches basic nutrition principles, selecting a balanced diet, nutritional needs in life cycle, and cultural aspects of food through ready-to-use lesson plans.

FIT, HEALTHY AND READY TO LEARN

NASBE, 2000

K-12

Curriculum

These guidelines identify what schools can do to address physical inactivity, poor dietary patterns, and tobacco use. By providing state of the art, scientifically reliable information on what constitutes effective school health programs.

FIT TO PLAY

The Sugar Association, 1996

3-12

Educator's guide

Educational kit provides adults involved in physical education with information on nutrition and fitness, and the tool to convey this information to young people.

FIVE A DAY BINGO

Kathy Andersen, Linda Crisp, & Dayle Hayes, 1995

PreK-adult

Game

Fun nutrition game for all ages. Fresh approach to promoting eating five fruits and vegetables a day to everyone from preschoolers to seniors.

FOOD, FAMILY & FUN

USDA, 1996

K-12

Book

The book is a collection of 50 recipes organized by season, featuring family nutrition education activities. Some recipes are lower fat versions of more typical family dishes, such as a "New Macaroni and Cheese."

FOOD GUIDE PYRAMID BULLETIN BOARD DISPLAY

NASCO, 1996

K-12

Bulletin Board Display

Great way to get a student's attention and teach good nutrition.

FOOD GUIDE PYRAMID: HIGH FIVE FOR A HEALTHY YOU

Western Dairy Council, 1997

4-8

Video

Kindergarten-Grade 12

5/7/02

This short video helps students understand the fundamentals of good nutrition and recognize how exercise contributes to looking and feeling good.

FOOD PYRAMID BINGO

Kathleen Stefancin, M.S., R.D., 1996
3-12 Game

This game is an energetic, exciting way to teach people of all ages about good nutrition through interaction and fun. For ease of participation, this unique game is formatted after the traditional bingo game with the addition of the Food Guide Pyramid structure at the top of the card for easy reference.

FOOD PYRAMID CHALLENGE 1

Pineapple Appeal, 1993
Grades 5-8 Game

Teaches the Food Guide Pyramid to children of grades 5-8.

FOOD PYRAMID LOTTO

Nasco, 1993
K-12 Game

Fun and exciting way for children and teens to learn about the Food Guide Pyramid. Players build balanced menus with food cards from pyramid food groups as they learn about good foods and healthy eating habits.

FRUIT SEEDIES

Pathfinder Publications, 2000
K-12 Plush Fruit Beanies(bean bags)

This set of 12 beanbag style plush fruit characters is an excellent way to help children learn about fruit.

GENERATION FIT ACTION PACKET

American Cancer Society, 1998
Kk-12 Packet

This Action Packet contains five health-related community action/service learning projects with supporting instructional materials.

GLO-GERM

Glo Germ Company
Preschool: K-12:adult Experiment
Glo-Germ powder used to demonstrate proper surface cleaning as well as spread of germs.

HEALTH IS ACADEMIC: A GUIDE TO COORDINATED SCHOOL HEALTH PROGRAMS

Education Development Center, 1998
K-12 Book

"Health is Academic" presents for education decision makers and the larger community to which they belong an approach to integrating health into the academic fabric of their institutions to benefit the well-being and learning of their students.

JOIN THE TEAM

Team Nutrition Program, 1996
K-12 Video

Short video explaining USDA's Team Nutrition Program.

KIDS AROUND THE WORLD

Deri Robins, 1994

Kindergarten-Grade 12

K-12 Book

Easy to make recipes and instruction for dishes from all corners of the globe.

LABEL POWER

The Sugar Association

4-9 Educator's guide/Game

Educational program designed to help youth understand and learn to use the "Nutrition Facts" panel found on the food label. By using the board game in conjunction with the suggested activities, students can learn how to make healthful food choices.

LET'S CELEBRATE: A WORLD OF HEALTHY FOODS

West Virginia Dept. of Education, 1998

K-12 Book

This cookbook contains recipes and classroom activities for eight of the world's cultural regions. A great resource to celebrate cultural foods and traditions.

LUNCHTIME ALL STARS: GO FOR THE GOLD

Georgia NET Program, 1996

K-12 Teacher's guide

Nutrition lessons for teachers to use accompany the posters and cling-on pie charts that show the nutritional content of approximately 60 foods frequently served in the cafeteria.

MULTICULTURAL PYRAMID PACKET

Penn State, 1993

K-12 Transparencies/masters

How to use the Food Guide Pyramid to plan and follow a healthy diet around the world. Cultural foods are featured and where they fit in the Pyramid.

NUTRITION EDUCATION

Texas Education Agency, 1992

K-12 Curriculum

Incorporates important nutrition concepts into existing course of study.

NUTRITION LITERACY TOOLKIT

Colorado Dept. of Education, 1999

K-12 Manual

This manual takes the guesswork out of nutrition education by providing guidance for the essential parts of a nutrition education plan including Planning Guide and Resource Guide.

NUTRIVISUALS: PRO'S, CARB'S & FATS - THOSE WILD AND CRAZY NUTRITION GUYS

Eve Lowry, 1993

K-12 Slides/narrative/recipes

Clever food photos show audience that plenty of complex carbohydrates, a bit less protein, and a lot less fat gets you where you want to be nutritionally. Visit abdominal fat pool where unemployed fats hang out, metabolic machinery, vascular clearing house, and other parts of metabolic neighborhood! Great science tool!

PLAYING CARDS: PYRAMID DEAL

Washington State Dairy Council, 2000

K-12 Playing Cards

Kindergarten-Grade 12

The Pyramid Deal is a standard deck of cards and may be used in all traditional games as well as physical movement games emphasizing fitness and nutrition.

RULE OF NINE (TELECONFERENCE)

Idaho Dept. of Education, 1992
K-12 Video

A healthy problem-solving approach to control fat in diet. Teaches how to determine calories from fat content in labeled foods (rule of 9), figuring 30% calories from fat in daily diet.

SCHOOL NUTRITION TEAM, STRATEGIES FOR SUCCESS: A GUIDE FOR NUTRITION EDUCATION

Missouri Dept. of Health, 1997
K-12 Guide

Provides schools with information on the importance of school-based nutrition education and the development of teams to integrate nutrition in a comprehensive school health program. In addition, it contains classroom tested, behaviorally based learning activities and reproducible family newsletters.

SNACKS 'N' CELEBRATIONS

Oregon Dairy Council, 1995
K-12 Book

Favorite recipes from teachers for the classroom.

TALKING ABOUT HEALTH IS ACADEMIC

Education Development Center, Inc., 1999
K-12 Workshop Modules

This set of workshop/presentation modules is based on recommendations for schools, communities, and districts proposed in the book Health is Academic: A Guide to Coordinated School Health Program. The modules can be used to communicate 1) concrete actions from the book to improve the health of students, and 2) ways to implement these actions.

TEAM NUTRITION SCHOOLS

Montana NET Program, 1996
K-12 Video

This seven minute video explains "What is a Team Nutrition School" and how schools can help kids form healthy eating habits for a lifetime.

VEGETABLE FRIEND SEEDIES

Pathfinder Publications, 2000
K-12 Plush Vegetable Beanies(bean bags)

This set of 12 beanbag style plush veggie characters is an excellent way to help children learn about vegetables.

WRESTLERS DIET RECOMMENDATION

Wisconsin Interscholastic Program, 1991
K-12:adult Manual/video
How to achieve desired wrestling weight safely for peak performance.